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**Environment, Health, & Safety  
Training Program**

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**EHS 62/66 ~ MoveSMART**

**Course Syllabus**

**Subject Category:** Occupational Safety  
**Course Length:** 3 hours  
**Schedule:** Varies, quarterly  
**Location/Time:** B51-201, time varies

**Course Prerequisite:** No  
**Medical Approval:** No

**Course Purpose:** This course is designed for all Laboratory staff members with information on the safety factors associated with proper body mechanics for a wide-range of activities in both work and play. The instructor provides a rationale and demonstration and then coaches class participants in a practice session of the specific movement.

**Course Objectives:**

- To provide information and techniques focused on injury prevention using selected martial arts, ergonomics, movement science, industrial psychology, and practical work experience.
- To boost safe behavior by encouraging judgement, personal responsibility and motivation at work and at home.
- Ignite a safety culture by heightening involvement and employee-management communication.

**Course Instructional Materials:**

- Golf club
- Baseball bat
- Hand tools
- Ladder

**Instructor:** Paul Vance, Strategic Safety Associates, Inc.

**Training Compliance Requirements:** 29CFR 1910.22; 8CCR 3203 & 5110

**Course Hand-outs:** No

**Participant Evaluation:** Written evaluations regarding the effectiveness of the trainer, the training and the visual aids.

**Written Exam:** No

**Practical Exam:** No

**Retraining/Recertification:** No

**WEB Resource:**